

# 最新ICF ICF-ACC試験の練習問題と解答



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>> ICF-ACC無料問題 <<

## よくできたICF-ACC無料問題 & 資格試験におけるリーダーオファー & 更新したICF Associate Certified Coach

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## ICF ICF-ACC認定試験の出題範囲:

トピック	出題範囲
トピック 1	<ul style="list-style-type: none"><li>分野: コーチングのコンピテンシー、戦略、テクニック: このセクションでは、ライフコーチがコーチングのコンピテンシー、戦略、テクニックを適用するスキルを評価します。クライアントとの契約方法、特にコーチング契約の重要な要素に関する知識が含まれます。また、ICFコア・コンピテンシー、目標設定、モチベーション、そして様々なコーチングテクニック、ツール、リソースについても網羅しています。このセクションを通して、コーチがクライアントの目標達成を効果的に支援できる能力を備えていることを保証します。</li></ul>

トピック 2	<ul style="list-style-type: none"> <li>分野: コーチング倫理: このセクションでは、プロフェッショナルコーチのスキルを評価し、利益相反を構成する要素の理解を含む、職業倫理規定に関する知識を網羅します。また、守秘義務違反が必要となる可能性のある要因の特定など、守秘義務に関する法律、規制、および組織ポリシーに関する認識も評価します。このセクションでは、コーチが倫理基準と法的要件を遵守していることを確認します。</li> </ul>
トピック 3	<ul style="list-style-type: none"> <li>分野: コーチングの定義と境界: このセクションでは、コーチングの定義とコーチングプロセスを理解するコーチングコンサルタントの専門知識を評価します。コーチングと、セラピー、カウンセリング、メンタリング、コンサルティングといった関連専門職との区別も含まれます。さらに、メンタルヘルスの専門家への適切な紹介のタイミングと方法、そしてコーチングの進捗を妨げる可能性のあるメンタルヘルス状態の兆候を認識するための知識も網羅します。このセクションは、コーチが明確な境界を維持し、クライアントの幸福のために十分な情報に基づいた意思決定を行うことを確実にします。</li> </ul>

## ICF Associate Certified Coach 認定 ICF-ACC 試験問題 (Q27-Q32):

### 質問 #27

Which best reflects the meaning of the term "conflict of interest" as it relates to the ICF Code of Ethics?

- A. The coach and the client cannot agree on what will serve as the client's best interest during the coi
- B. The client has so many interests that it becomes a challenge to identify dear coaching goals
- C. The coach serves one of their own interests that works against one of the client's interests**
- D. The interests expressed by the client have the potential to work against the coach's plan for the session

正解: C

#### 解説:

The ICF Code of Ethics (Section 3.1) defines a conflict of interest as "a situation in which a coach has a private or personal interest sufficient to appear to influence the objective exercise of their professional duties." It's about the coach's competing interests, not the client's. Let's analyze:

- \* A. The client has so many interests that it becomes a challenge to identify clear coaching goals:  
This is a coaching challenge, not a conflict of interest per ICF's definition.
- \* B. The coach and the client cannot agree on what will serve as the client's best interest during the coi (Assuming "coi" is "coaching") This is a disagreement, not a conflict of interest involving the coach's personal gain.
- \* C. The coach serves one of their own interests that works against one of the client's interests: This matches Section 3.1, where a coach's personal agenda (e.g., financial gain) undermines client needs, requiring disclosure (Section 3.2).
- \* D. The interests expressed by the client have the potential to work against the coach's plan for the session: This is a misalignment of goals, not a conflict of interest tied to the coach's personal benefit.

Option C best reflects ICF's definition of a conflict of interest.

### 質問 #28

Your client has shared that he/she is experiencing a similar problem in different areas of his/her life, in the workplace and in their personal life. As you are discussing this with your client, you begin to think that there might be a pattern emerging. The worst response is:

- A. Notice the pattern and offer your client your wisdom in overcoming their difficulty.**
- B. Notice the pattern and ask the client if exploring what the connecting factors might be could be a useful next step.
- C. Notice the pattern and suggest that the client change something in order to break the pattern.
- D. Notice the pattern and let your client know that they are deliberately sabotaging themselves by not changing this pattern.

正解: A

#### 解説:

Comprehensive and Detailed Explanation:

Option D is the worst because it shifts the coach into an advisory role, offering "wisdom" without client input, which violates the ICF Definition of Coaching (client-driven process) and Competency 2.2 (partnership over directive advice). It also risks imposing the coach's agenda, breaching Ethics Section 2.2.

Option A is the best (see Question 3). Option B suggests action prematurely but is less harmful than C or D. Option C judges the

client, which is inappropriate (Competency 4.1), but D's directive stance most egregiously undermines the coaching process by prioritizing the coach's insight over the client's autonomy.

#### 質問 #29

Which best describes the coaching approach?

- A. Coaches choose the direction of the session in advance based on what worked with previous clients
- B. Coaches strive to stay ahead of the conversation by thinking and analyzing different options
- C. Coaches measure their performance by how well the client meets a set of objectives.
- D. **Coaches let clients both drive the coaching and make choices about the tools used during it**

正解: D

解説:

The ICF Definition of Coaching emphasizes a "partnership" where clients are the experts in their lives, and coaches facilitate rather than direct (ICF Code of Ethics, Section 1). Competency 3 ("Establishes and Maintains Agreements") and Competency 8 highlight client autonomy in shaping the process. Let's review:

A . Coaches choose the direction of the session in advance based on what worked with previous clients: This is coach-driven, contradicting ICF's client-led approach.

B . Coaches strive to stay ahead of the conversation by thinking and analyzing different options: This focuses on the coach's agenda, not the client's (Competency 2).

C . Coaches let clients both drive the coaching and make choices about the tools used during it: This reflects ICF's emphasis on client autonomy and partnership (Competency 5, Competency 7).

D . Coaches measure their performance by how well the client meets a set of objectives: This shifts focus to coach outcomes, not client-driven growth (ICF Code of Ethics, Section 1).

Option C best describes the coaching approach, per ICF standards.

#### 質問 #30

Which is typically specified as a responsibility of the coach in a coaching agreement?

- A. **Specifying how long the coaching relationship will last**
- B. Determining what information is considered confidential
- C. Clarifying the conditions under which the coaching goals should change
- D. Describing the services the coach will provide to the client

正解: A

解説:

The ICF Code of Ethics (Section 1.1) mandates that coaches "create an agreement/contract regarding the roles, responsibilities, and rights of all parties involved" before beginning a coaching relationship. A key responsibility of the coach in this agreement is to clearly outline the nature and scope of services provided, ensuring transparency and alignment with the client's expectations (ICF Competency 3: "Establishes and Maintains Agreements"). Let's evaluate the options:

\* A. Describing the services the coach will provide to the client: This is explicitly required by ICF standards. The coaching agreement must detail what coaching entails (e.g., frequency, format, process), distinguishing it from other services like consulting or therapy (ICF Code of Ethics, Section 1.2). This fosters trust and clarity, per Competency 5 ("Cultivates Trust and Safety").

\* B. Determining what information is considered confidential: While confidentiality is critical (ICF Code of Ethics, Section 4), it is a mutual understanding shaped by legal and ethical standards, not solely the coach's responsibility to "determine." It's typically addressed jointly in the agreement.

\* C. Clarifying the conditions under which the coaching goals should change: Goal-setting is a collaborative process (ICF Competency 3), and while conditions for change may be discussed, this is not typically specified as the coach's unilateral responsibility in the agreement.

\* D. Specifying how long the coaching relationship will last: Duration may be included in the agreement, but it's not universally required and often depends on client needs or mutual agreement, making it less fundamental than describing services.

Option A is the most accurate, as it reflects the coach's core responsibility under ICF guidelines to define the coaching services explicitly in the agreement.

#### 質問 #31

In which situation should a coach recommend that a client speak with a therapist?

- A. The client explains that they have been feeling nervous about an upcoming change at work
- B. The coach feels like their guidance has not been helping the client's professional development
- C. The coach notices the client often seems distracted during sessions
- D. The client says their frequent and intense mood swings are disrupting their life

正解: D

解説:

The ICF Code of Ethics (Section 2.5) mandates referral when client needs fall outside coaching's scope, such as mental health conditions (ICF Coaching Boundaries). Mood swings disrupting life suggest a clinical issue.

Let's review:

- \* A. The coach feels like their guidance has not been helping the client's professional development:  
This may require coaching adjustments, not therapy (Competency 8).
- \* B. The coach notices the client often seems distracted during sessions: Distraction alone doesn't indicate therapy unless tied to mental health (Competency 6).
- \* C. The client says their frequent and intense mood swings are disrupting their life: This suggests a potential disorder (e.g., bipolar), requiring therapeutic intervention (Section 2.5).
- \* D. The client explains that they have been feeling nervous about an upcoming change at work:  
Situational nervousness is coachable (Competency 7), not requiring therapy.  
Option C justifies a therapy recommendation, per ICF ethics and boundaries.

## 質問 #32

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